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LONDON metro®

Jennifer McIntyre • Dec. 4 • Hamilton

THE NEW LOTTO 649

$19 million winner

AND THE AWARD FOR BEST SUPPORTING ACTRESS GOES TO...

METRO COLUMNIST WRITES THAT THE RESULTS FROM THE 71ST ANNUAL GOLDEN GLOBES MAY INFLUENCE THIS YEAR'S OSCAR RACE PAGE 11

Bowled over: Alleged thief caves after public shaming

Silver bowl nabbed from London Music Hall returned after online post PAGE 2

Which public services would you protect?

On Monday the public will have a chance to weigh in on the City of London's 2014 budget process PAGE 3

Lightning make it rain on the East Coast

London takes four-straight to maintain top spot in NBL Canada standings PAGE 18

NEWS WORTH SHARING.

'The more the merrier': Mayor

The race is on. Joe Fontana welcomes rival Matt Brown to city hall race

MIKE DONACHIE
mike.donachie@metronews.ca

Coun. Matt Brown wants his job, but Joe Fontana's all smiles about it.

"I like Matt," the incumbent mayor said Sunday as he gave his reaction to the news that Brown will run for mayor. "He's been a pretty good councillor."

He said it came as no surprise Friday when he heard the Ward 7 councillor had filed papers at city hall. And Fontana welcomed the contest to come between now and the Oct. 27 election.

"That's what elections are all about," Fontana told Metro. "The more the merrier."

He continued: "I think I've got a track record that shows I try and do what I said I would do. So far I've achieved 70 to 80 per cent of what I set out to do, and I've a lot more to do."

Part of that has involved working with Brown.

"We've differed on a number of important areas, but I've enjoyed working with him," Fontana added.

And that's where the politics kick in.

Eventful weekend...

- Coun. Matt Brown files to run for mayor.
- Outgoing Coun. Joni Baechler endorses Brown.
- Mayor Joe Fontana welcomes the challenge.
- Possible mayoral candidate Josh Morgan hints he may stand for Brown's council seat.
- Former Occupy London leader Eric Shepperd says he may not run for mayor.

Fontana still hasn't filed papers to run — he's said he won't do that until May or June — but it's clear the election isn't far from his mind.

He had a few things to say about Brown's plan to listen to the community in the coming months as he builds a political platform.

"We've done a lot of listening in the past three years," Fontana said. "That's why we've implemented a lot of our plans.

"Action is the key word. That's what I've been pushing for the past three years."

He said the time for talk is over, with plans like the downtown master plan and Rethink London at an advanced stage.

"People are sick and tired of studies," said Fontana. "They just want us to get on and solve the challenges that this city has."

Brown launched his campaign Friday with a YouTube video.

"It's no secret that London is facing some challenges," he said. "I'm running because, like you, I know that we can do better."

Within an hour, he had an endorsement from Coun. Joni Baechler.

"He's smart, he's a good communicator, he does his homework, he's always prepared and he's always willing to listen and believes strongly in citizen engagement," she told Metro.

In other developments, possible mayoral candidate and former London Public Library board chair Josh Morgan confirmed he had spoken with Brown, with whom he's friends, over the weekend.

He said Brown's candidacy "certainly changes the dynamic" and wished him well.

Morgan said he might still run for mayor or for council. Interestingly, he lives in Ward 7.

Occupy London's Eric Shepperd, who's said he will run for mayor, said Sunday he's reconsidering.

He spoke with Josh Morgan on Friday and they agree on many things, he said. He might not file papers and, instead, endorse Morgan or Brown.

LAST TIME'S A CHARM?

Tessa Virtue and Scott Moir claimed their sixth consecutive national ice dance crown over the weekend at the Canadian figure skating Championships in Ottawa. The performance is expected to mark the local duo's last competition on Canadian ice, with the pair rumoured to be retiring after the Sochi Olympics. But, are they really ready to pull the plug? Story on page 17. THE CANADIAN PRESS

NEWS 1

Alleged London Music Hall thieves turn in bowl

Public shaming. Item returned after video of theft posted online

After a week of tense waiting, London's alleged silver-bowl bandit has given himself up.

London Music Hall owner Mike Manuel said the alleged thief, who lives in the Windsor area, and his accomplice were unaware of an online campaign to get the item returned. Unaware, that is, until a video of the theft was posted Friday on the hall's Facebook page.

Someone recognized the duo involved, and let them know they were being publicly shamed online. After that, the pair came to the music hall — along with their parents — on Saturday with the bowl in hand, Manuel said.

Manuel added he doesn't think the two will face charges. But, ultimately, he said, that's up to the police.

"Basically, we got it back, I accepted their apology and life goes on," he said.

It was a time of celebration for those lucky enough to bask in the bowl's silver glow. The much talked about serving dish was put out for public display in a plastic case Saturday night at the music hall.

"A lot of people are calling, they want to come down and see it and take a picture of it," Manuel said. "Yesterday, we had a line up of 20, 30 people at a time to get a picture with it."

And what does the future hold for the famous bowl?

"It's still in our possession, so we might put it up on display for one more day and then take it back (to the catering company that owns it,)" Manuel said.

In the meantime, Manuel assured Metro the bowl is safe and under tight security.

DAVID INGRAM/FOR METRO

A look back

- A silver-plated bowl belonging to a catering company and valued at $300 was stolen from the London Music Hall during a New Year's Eve party.
- The hall took to social media, saying that the thief and his accomplice had until Jan. 10 to return the item or their faces, captured on a video camera, would be shown online.
- Video was posted Friday to Facebook showing someone walking toward an exit with the bowl.

Performance pounds the city over the weekend

Stomp, the percussion musical that originated in Brighton, England, pounded its way into London over the weekend, with performances Saturday and Sunday at Budweiser Gardens. The musical act uses ordinary objects — like brooms and trash bins — and individual movements to create a "physical theatre" performance.

MARK SPOWART/FOR METRO

Tractor-trailer accident.

Chemical leak closes Highway 401 interchange

The Ministry of Natural Resources was called in Friday after a tractor-trailer rolled, causing a chemical leak in southeast London.

The truck carrying formaldehyde tipped over and landed in a ditch about 9 p.m. on the westbound ramp to Highway 401 at Highbury Avenue, police say. Only a small amount of the formaldehyde load leaked, officials said. Westbound ramps to Highbury and the 401 were closed for several hours after the crash as investigators and cleanup crews worked on the scene. The driver of the truck was taken to hospital with minor injuries. METRO

Long waits prompt London ER advisory

Patients at London Health Sciences Centre's adult emergency rooms faced wait times of nine to 11 hours over the weekend, but it could have been worse.

"It (has) remained steady to what it was on Friday, but it hasn't gone up, which is what they were fearful of," said hospital spokesperson Mary Gilleg on Sunday.

As for this upcoming week, Gilleg was uncertain how long patients could expect to be in the ER.

"We appreciate the public thinking of other alternatives, and it continues to be busy at the (emergency room)," she said.

A public-service announcement released Friday by LHSC reported extraordinary patient activity in its emergency departments.

Patients were advised to contact a family doctor or walk-in clinic for flu-like symptoms, and to visit St. Joseph's Hospital Urgent Care Centre for non-life-threatening illnesses and injuries.

Gilleg told Metro that only rarely does the hospital put out such advisories but an unusually high volume of ER patients this past week prompted them to act. They also typically experience higher numbers of less urgent patients when doctors' offices are closed over the weekend.

DAVID INGRAM/FOR METRO

Time to speak up for public services

The city wants to listen to the public as it looks at spending, and Monday is the first chance to make your voice heard. The first public participation meeting of the 2014 budget process will take place at city hall at 4 p.m. And there's already a long line of people ready to ask council to protect the services they care about

MIKE DONACHIE/METRO
mike.donachie@metronews.ca

1 Environment

TORSTAR NEWS SERVICE FILE

The city's green advisers are asking for environmental sustainability to be top of mind when council members debate the budget.

Several cuts, already figured into a budget proposal that would lead to 3.1 per cent tax hike, are the wrong way to go, say members of the advisory committee on the environment.

Don't cut funding for bike lanes, committee members say. Although the budget proposal does protect $1.1 million in spending on bike lanes, another $200,000 fund is on the chopping block.

The committee is also asking for a bigger investment in buses and says council should think again about a $72,000 cut in funding for the Upper Thames River Conservation Authority. The funding goes toward a contract to manage environmentally significant areas. An explanation to council members in the draft budget document says the cut will reduce service levels, including bylaw enforcement.

The authority works on natural-resource management, risk management for structures and trees, trail development and maintenance and educational activities.

2 Downtown

A plea to protect two important services has been made by Downtown London.

Chair Bob Usher and executive director Janette MacDonald have written a joint letter talking about the importance of downtown to the city at large.

The police budget, part of which is for downtown foot patrols, and funding for additional cleaning and maintenance downtown are "constant targets for slashing," their letter says.

METRO FILE

"It makes no sense to us to cut either of these budgets since we are experiencing rapid growth in … London's downtown and any reduction of services reduce our chances of attracting the type of investment we require to continue with this growth," the letter says.

And the Downtown London representatives point to some impressive figures showing the area's contribution to the city. In the last 10 years, they say, the core has seen 37 per cent growth, compared with eight per cent across the municipality. Property owners downtown pay nine per cent of the city's property taxes.

3 Tax increase

London Chamber of Commerce has a direct message for the city: A zero per cent tax-increase target is unsustainable.

CEO Gerry Macartney has written to Monday's meeting with "observations and recommendations" from a task force the chamber set up to look at the budget process.

"The chamber has concerns that council's current economic vision of a zero per cent tax increase is likely not sustainable," says Macartney. "We believe that the sustainability of base services and programs coupled with critical infrastructure requirements can only be accomplished through reasonable tax increases."

The chamber task force compared London's recent tax increases — with two years of zero, they averaged out at 0.5 per cent over three years — with other municipalities in southwest Ontario, which averaged 2.4 per cent.

That means the city missed out on collecting $60 million, the chamber said. City staff did the same calculation and came up with $59 million.

Macartney calls for a tax increase linked to the annual rate of inflation.

SHUTTERSTOCK

4 Animal control

THE CANADIAN PRESS

Few topics have generated more controversy in London than its new animal-welfare contract.

The outcome of eventful fall meetings was the awarding of a $2.3-million contract to a company to provide enhanced services for animal control.

But those services still need to pass through the budget process, and the city's animal-welfare advisory committee has written to express support. "We believe these programs will not only help to address the problem of pet overpopulation in our city, but also prove to be highly effective and decrease animal service costs over the long-term," the committee's submission says.

The new services include a city veterinarian whose work would include medical treatment and spaying/neutering. A new cat adoption centre is also applauded by the advisers. It would mean spending $400,000 on portable building to get the centre open quickly and encourage more cat adoptions.

The budget proposals also include enhancing preventative programs like spaying and neutering.

5 Homelessness

A plea not to cut funding for programs that tackle homelessness has been made by a community group.

The London Community Advocates Network is asking the city to reverse a proposed cut and increase funding for the Community Homelessness Prevention Initiative (CHPI).

The network, in a letter to the city, says it represents about 50 groups helping people on welfare and those on low incomes.

And it's concerned about the "substantial inadequacy" of the CHPI, which is being reduced by $628,000 in the coming year if staff budget proposals are accepted. The program gives funding to shelters, other services and individuals in need.

GETTY IMAGES

"We believe that the CHPI funding for 2013 was not adequate to meet the needs of low-income Londoners in finding and maintaining housing," network co-chair Mike Laliberte has written to the city.

He points out that similar provincial funding is about to end, and asks the city to increase its support to plug the gap.

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Bryant's decision affects more than city hall seat

Stepping aside. Police services board will also be left with hole after councillor announces she will not be seeking another term

SCOTT TAYLOR
scott.taylor@metronews.ca

When Judy Bryant leaves council at the end of her term this year, she won't just be saying goodbye to City Hall.

She'll also have to give up her seat on the police services board, and, some say, will be leaving big shoes to fill. Bryant's position on the board must be filled by an active councillor, which means a chair will be opening up for either a returning incumbent or a newbie.

It's up to council to decide who that will be. Once that person is chosen, their name will be forwarded to the board, which will then swear that person in.

Bryant currently serves on the board alongside Ward 11 Coun. Denise Brown with chair Michael Deeb, vice-chair Jeannette Eberhard and Paul Paolatto.

Bryant and Brown have approved a 3.9 per cent budget increase for the police, however, it is believed many fellow councillors and Mayor Joe Fontana will turn it down.

But Bryant stands firmly behind that number.

"It's extremely necessary at this particular moment. We're also very aware that we have to change the way we go forward with the collective bargaining, and that's across the province," she said.

The board has stated that nearly 97 per cent of the increase its asking for is tied to personnel costs.

Deeb sung Bryant's praises, saying she cares deeply about people and social issues.

"She's a very strong advocate for public safety and always has cares and concerns in her questions," he said. "She represents her constituents very well."

He noted that Bryant's downtown ward has given her first-hand knowledge of public-safety needs.

"I do think there's a lot of truth in that," Bryant said, "because I do interact with the various officers in the different programs, such as the (community orientated response) unit and the foot patrol."

She said being part of a "strong board" has been a great experience.

Quoted

"It's extremely necessary at this particular moment. We're also very aware that we have to change the way we go forward with the collective bargaining, and that's across the province."

Coun. Judy Bryant, defending her approval of a budget increase for police.

Coun. Judy Bryant isn't seeking re-election and that means more than an empty seat in Ward 13. She'll also leave a spot open on the police services board, an important group that oversees policing in the city. ANGELA MULLINS/METRO

Unemployment. Latest data a mixed-bag

The bad news is the London-St. Thomas unemployment rate edged up in December to 7.8 per cent, a slight bump from November's 7.5 per cent.

The good news is the increase is based on more people looking for jobs, not necessarily higher unemployment.

"Employment in the London region was virtually unchanged," said Statistics Canada analyst Vincent Ferrao. "We have 243,300 people working in December, compared to 243,500 in November.

By the numbers

7.8%

London-St. Thomas unemployment rate for December, according to Statistics Canada

"Yes, the unemployment rate did increase, however the increase is not statistically significant."

In Ontario, employment fell by 39,000 in December, pushing the unemployment rate to 7.9 per cent. **SCOTT TAYLOR/METRO**

Carbon monoxide

Check your vents, fire department urges

Blocked vents from drifting snow may be putting families at risk of carbon-monoxide poisoning.

That's what the London Fire Department is telling people after a Friday call to an Edward Street home.

Firefighters were called to the home after an exhaust vent blocked by snow caused the furnace to go out, leading the temperature in the home to drop and the water pipes to break.

But, the fire department warns, not all fuel-burning appliances, like furnaces, water heaters and gas fireplaces, are designed to shut down if their ventilation is blocked. In that case, carbon monoxide can build up in homes.

Because the gas is tasteless, odorless and invisible it can go unnoticed in homes and rise to deadly levels.

The department is also stressing the importance of having properly installed carbon-monoxide detectors in homes. Ontario legislators voted late last year to make detectors mandatory in all homes. **DAVID INGRAM/FOR METRO**

Mayor Joe Fontana circulates during the Mayor's New Year's Levee. MIKE DONACHIE/METRO

Doors thrown open for New Year's Levee

Public access. Mayor recognizes winners and invites public in

MIKE DONACHIE
mike.donachie@metronews.ca

The mayor's seven top Londoners of the last year were given a special welcome Sunday.

As part of Mayor Joe Fontana's efforts to make council and its members more accessible to the public, he welcomed the public to the New Year's Levee at Museum London.

First, there was half an hour with the seven people on his New Year honours list and their guests. After that, the door was thrown open to anyone who wanted to meet Fontana and other council members.

New Year honorees

Environment – Gary Smith

Housing – Lloyd Stevenson

Humanitarian – Dr. Kenneth Wright

Arts – John Nicholson

Diversity and race relations – Rebecca Howse

Persons with disabilities – Talia Goldberg

Sports – Barry Fay

"This is the third Mayor's New Year's Levee," said Fontana. "It's my way of being able to say thanks and to invite the public in.

"When I was elected, I took away the security guards from the office door and opened up city hall to everyone. We held our town hall meetings.

"I thought it would be most appropriate for the mayor to have a New Year's Levee and invite the public."

So a crowd did join Fontana and councillors including Sandy White, Paul Hubert, Bud Polhill, Dale Henderson and Harold Usher.

But a big part of the event was to congratulate the honorees, whom their mayor called "incredible."

"We need to be able to thank them for their service," added Fontana.

London supports 10 years of book drives

Boxes started to fill up with books Sunday as MPP Deb Matthews launched this year's Children's Book Drive.

The London North Centre representative has been running the campaign for 10 years, and said the kindness of Londoners has been overwhelming.

"It's unbelievable," she said. "Every year I am just blown away by the generosity of people."

Donations of new and gently-used books can be made at Matthews' constituency office at 242 Piccadilly St. through Jan. 31. They will then be passed on to children who need them, thanks to partnerships with organizations in London.

London North Centre MPP Deb Matthews. MIKE DONACHIE/METRO

"There are a lot of families in which, every month, parents have to make tough decisions about how they're going to feed their kids and pay their rent," Matthews continued. "There just isn't money left over for books. It's something that a lot of us take for granted."

The more that you read...

The donated books will go to resource centres, women's shelters and organizations like Learning It Together, which sees Western University students visit schools and encourage literacy.

The campaign was launched at the Ivey Spencer Leadership Centre, where people arrived to make donations and offer other help.

MIKE DONACHIE/METRO

Grits throw support behind new satellite campuses

Queen's Park will fund new satellite campuses and possibly expand current sites to make room for thousands more undergraduate students in boom areas where space is falling short of demand.

But the province no longer specifies it will fund precisely three such projects — despite the Liberals' pledge for three new satellite campuses during the last election — but rather says now it will fund as many as required to meet the need.

"It could be more than three, it could be less, but the focus is on those high-growth areas that are currently underserved (by higher learning), where Ontario students are waiting to get into undergraduate programs," said Emily Hedges, spokesperson for MPP Brad Duguid, Ontario's minister of training, colleges and universities.

The ministry said it will soon call for proposals for expansion projects that each have space for at least 1,000 new students to start, with room for 5,000 to 10,000 more in the next 20 years.

Proposals are expected to provide at least 6,500 new square metres of space (70,000 square feet).

In recently released guidelines called the Major Capital Expansion Policy, the province said it will favour sites that offer a range of undergraduate degrees as well as student services, something satellite campuses sometimes lack.

It's also crucial to ensure satellite campuses have some senior, tenured professors who conduct research — not just instructors on short-term contracts with little time to prepare, noted University of Waterloo Professor Kate Lawson, president of the Ontario Confederation of University Faculty Associations.

TORSTAR NEWS SERVICE

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Israelis offer final goodbyes to Ariel Sharon

Former Israeli Prime Minister Ehud Olmert stands in front of the coffin of former Israeli prime minister Ariel Sharon at the Knesset plaza in Jerusalem on Sunday. Sharon, the hard-charging Israeli general and prime minister who was admired and hated for his battlefield exploits and ambitions to reshape the Middle East, died Saturday, eight years after a stroke left him in a coma from which he never awoke. He was 85. ODED BALILTY/THE ASSOCIATED PRESS

'There will never be anyone else like him.' Former comrades, political allies and regular citizens flock to Jerusalem to pay respects to late leader

Israelis from all walks of life flocked to parliament Sunday to catch a glimpse of Ariel Sharon's coffin and pay their final respects to the iconic former prime minister and general.

A stream of visitors ranging from former army comrades to political allies to citizens who only knew him from afar remembered Sharon as a decisive leader, for better or for worse, and one of the final heroes of Israel's founding generation.

"Those who didn't know him from up close can't truly understand what a legend he was," said a choked-up Shlomo Mann, 68, who served under Sharon's command in the 1973 Mideast war. "There will never be anyone else like him."

The 85-year-old Sharon died Saturday, eight years after a stroke left him in a coma.

In a career that stretched across much of Israel's 65-year existence, his life was closely intertwined with the country's history. As one of Israel's most famous generals, the man known as "Arik" was renowned for bold tactics and an occasional refusal to obey orders. To his supporters, he was a war hero; to his critics, a war criminal.

As prime minister late in life, he was embraced by the public as a grandfatherly figure who provided stability in times of turmoil.

Israeli President Shimon Peres and former prime minister Ehud Olmert were among those who paused before the flag-draped coffin displayed in front of the Knesset and surrounded by an honour guard.

A state memorial is planned for Monday at parliament, followed by a funeral service at Sharon's ranch in southern Israel. U.S. Vice-President Joe Biden, former British Prime Minister Tony Blair and others are expected to attend the ceremonies. THE ASSOCIATED PRESS

Quoted

"(Ariel) was, first and foremost, a warrior and a commander, among the Jewish people's greatest generals in the current era and throughout its history."

Israeli Prime Minister Benjamin Netanyahu

Three stages

From soldier to statesman

Sharon's life will be remembered for its three distinct stages: First, his eventful and controversial time in uniform, including leading a deadly raid in the West Bank that killed 69 Arabs, as well as his heroics in the 1973 Mideast war.

Then came his years as a vociferous political operator who helped create Israel's settlement movement and masterminded the divisive Lebanon invasion in 1982. He was branded as indirectly responsible for the massacre of hundreds of Palestinians at the Sabra and Chatilla refugee camps outside Beirut when his troops allowed Lebanese militias into the camps.

Yet he ultimately transformed himself into a prime minister and statesman, capped by a dramatic 2005 withdrawal from the Gaza Strip. Sharon appeared to be cruising toward re-election when he suffered his stroke in January 2006.

Ottawa-area football team drops its controversial name

An Ottawa-area football team at the centre of controversy over its racially charged name has officially picked a new one.

The Nepean Redskins will become the Nepean Eagles as they enter their 36th year as a football club, the team announced on its website.

"The transition from the Redskins name and colours will take a few years yet, however there will be significant obvious changes this year; jerseys, helmets, scoreboard, etc," team president Steve Dean said in a note on site, where a promotional video goes over the history of the team, noting it was first called the Barrhaven Buccaneers when it was formed in 1978, before being renamed in 1981.

Quoted

"I'm ecstatic and look forward to many championships being won under 'The Eagles' moniker!"

Ottawa-based Ojibway hip-hop musician Ian Campeau, who waged a two-year-long campaign to get the club to change its name

No mention is made in the video of the two-year-long campaign waged by Ottawa-based Ojibway hip-hop musician Ian Campeau to get the club to change its name, nor of his eventually filing a human-rights complaint against the team in September.

Campeau complained that the Redskins team name was racist and insulting to aboriginal people.

SEAN MCKIBBON/METRO IN OTTAWA

The Vatican

Que. archbishop named cardinal

Quebec Archbishop Gerald Cyprien Lacroix was among a new batch of cardinals selected by Pope Francis on Sunday. THE CANADIAN PRESS

Vancouver

CN: heavy rainfall caused derailment

A CN Rail spokeswoman has confirmed heavy rainfall led to a train derailment in the Vancouver area Saturday. THE CANADIAN PRESS

Bored Nation. Petition to make Ford an honorary American met with yawns

A petition to make Toronto Mayor Rob Ford an honorary U.S. citizen hasn't garnered much support.

The petition appears on the White House website under the headline: "Proclaim Robert Bruce 'Rob' Ford, the 64th Mayor of Toronto, An Honorary Citizen of the Unites States of America." Four people had signed it by Sunday afternoon.

Even though the petition had received a bit of media attention, there doesn't appear to be a great public stampede toward the cause.

The tongue-in-cheek petition says, "Mayor Ford is clearly a hero of humanity who deserves the very best. We therefore petition (President Barack) Obama to declare Mayor Ford an Honorary Citizen of the United States."

As of Sunday afternoon, the petition was 99,996 signatures short of the 100,000 required to get a White House response.

THE CANADIAN PRESS

MARS ONE: SNAPSHOTS

Seventy-five Canadians are among 1,058 shortlisted candidates for a one-way ticket to Mars in a colonizing mission being organized by Mars One, a Dutch not-for-profit foundation. Here's a look at one of the possible "human ambassadors on Mars."

MORGAN MODJESKI/METRO IN SASKATOON

Blacksmith, father of one in the running for Mars take-off

Waking up at 5:30 a.m. for a light breakfast of a bagel, a handful of trail mix and a variety of vitamins, Justin Semenoff is a pretty normal guy.

A skilled blacksmith, a father of one son and a combat engineer with the Canadian Forces, you wouldn't take a second look at Semenoff when he's shopping at Co-op in Saskatoon's Stonebridge neighbourhood or while he's out for a bicycle ride.

But there's something unusual about this 35-year-old Saskatchewanian.

Semenoff, alongside 75 other Canadians, has been shortlisted from among 200,000 applicants as a candidate for the Mars One project — an ambitious endeavour with a goal to launch the first human colony on the Red Planet in 2025.

Describing himself as not a "hugely public person," Semenoff points out that being shortlisted has taught him skills and prompted him to want to become an ambassador for the mission.

"It's a good learning lesson," he said over a cup of coffee at his home.

"The entire venture, if it ends tomorrow, has been worth it."

An hour after breakfast, Semenoff travels from his condominium to what he calls his "second home" — Diekema Martial Arts in downtown Saskatoon.

There, he's greeted by friends and sparring partners, whom he refers to as his "second family."

Semenoff, who studies taekwondo, jiu jitsu and kickboxing, generally trains two to three hours per session, three times a week. For him, martial arts serves as stress-relief and helps Semenoff focus.

"It really gives you something — a sense of accomplishment," he said.

Lifelong friend Stephen Procyk and gym owner Clint Diekema said they will miss Semenoff if — and, in their opinion, when — he is selected for the mission.

Though Semenoff said he would miss his friends, it's not something he's thinking about.

"It falls into the same category as family. How do you get up and leave them forever?" he asked, as sweat poured down his face.

"But with great accomplishment comes great responsibility and sacrifice ... I'll focus on that when — and if — that time even comes."

Justin Semenoff, one of 1,058 people from around the world shortlisted for the Mars One project.
MORGAN MODJESKI/METRO IN SASKATOON

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The meek shall inherit the girth — world's poor becoming fat

Tipping the scales. Obesity no longer a first-world problem as more and more countries battle the bulge

ELISABETH BRAW
Metro World News in London

Fat fact: Overweight and obesity rates have almost doubled in Mexico since 1980, says U.K. think-tank Overseas Development Institute. GETTY IMAGES

For generations, Mexicans have enjoyed aguas frescas, a healthy thirst-quenching beverage. But today, they drink the most soda per capita in the world.

And the effect is showing up on health statistics: Today 33 per cent of Mexicans are obese, which makes them even fatter than the United States (32 per cent), according to the UN's latest figures.

"People's palates have been kidnapped," says Xaviera Cabada, nutritional health co-ordinator at El Poder del Consumidor, a Mexican nutrition organization. "People have become so used to salt and grease in junk food that when they cook traditional dishes, they use more grease."

Yet overweight Mexicans don't live in opulence. On the contrary, they're usually low-income earners.

Around the world, the poor are becoming fat. Just as Mexicans are abandoning their healthy grain- and fruit-based diet, others are ditching their inexpensive fare in favour of fast food.

According to the World Health Organization, obesity is still less common in low-income groups, but being poor is no longer a guarantee against the bulging waistline.

"Obesity is a big-time problem," says Hank Cardello, director of the Obesity Solutions Initiative at the Hudson Institute in Washington, D.C., and author of Stuffed: An Insider's Look at Who's (Really) Making America Fat.

"In the U.S. alone, it costs around $200 billion per year," Cardello said. "And there's the personal cost: Obesity is the portal to diseases like diabetes."

Nowhere is the obesity trend stronger than in Latin and South America's growing economies. Peru now has more fast-food restaurants per capita than any other country. In Guatemala, half of children suffer from anemia and stunting, while half of women are either overweight or obese.

"It's already showing results in obesity-related illnesses," reports Cabada. "So many people have diabetes now. If you ask a room full of Mexicans if they have diabetes, 80 per cent will say yes. And some people with normal weight have nutrition-related illnesses as well."

In 2011, 81,000 Mexicans lost their lives to diabetes — three times as many as were killed in the country's escalating drug war.

But even though countries face huge health-care costs, nobody can force people to eat better — or companies to make healthier food. The answer, says Cardello, is to show food giants that they'll improve their bottom line by reducing calories in their products.

"People want their Coke and potato chips," said Cardello. "The answer is not to take bad products off the shelf but to introduce healthier ones."

Even so, switching to a healthier cousin of the potato chip is just a Band-Aid on the global fast-food addiction. But Cabada sees a ray of hope: "Here in Mexico, people are noticing that they're getting fatter, so they're becoming more alert."

In poor taste

"People have become so used to salt and grease in junk food that when they cook traditional dishes, they use more grease."

Xaviera Cabada, expert at Mexican nutrition group El Poder del Consumidor

DEATH BY FOOD: WE'RE GETTING FATTER
The number of people who are obese (with a Body Mass Index of 30+) is ballooning worldwide. Metro looks how the world's developed and developing countries fare.
INCREASING OBESITY AMONG ADULTS
PARADISE LOST
Pacific Islands are home to world's most obese
USA – MEXICO COMPARISON
In recent decades, Mexico's obesity rates have more than doubled. Now the country is on par with the United States as one of the world's fattest nations.
PREVALENCE OF OBESITY AMONG ADULTS
DEATH BURDEN OF BULK
What is the death rate attributed to obesity-related factors (high BMI, blood pressure, cholesterol, glucose, physical inactivity)? United States has the highest but Mexico's rate is continuously rising and catching up.

Top 5 good fast-food innovations

1 Burger King Satisfries

French fries coated with a batter that helps the food product absorb less fat.

2 Campbell Soup Goldfish Puffs

A healthier version of the famous Goldfish snack, they're air-puffed, gluten-free and contain fewer calories.

3 McDonald's Premium McWraps

Sandwiches contain cucumber, tomatoes and lettuce. The chain has also introduced side salads as an alternative to fries.

4 General Mills Green Giant Roasted Veggie Tortilla Chips

The brand plans to introduce 10 more vegetable snacks.

5 Kraft colour-free Mac and Cheese

The all-American staple will now be sold in its natural colouring instead of using a bright artificial dye.

Put eggs in more than one basket

HOW TO ROLL
Alison Griffiths
metronews.ca

There has never been a better time to be defensive with stock market investments. Record highs of more than 25 per cent gains were reached in the American markets in 2013. Even though Canada and Europe lag, whatever happens to the U.S. in terms of a market decline will definitely affect everyone else.

An asset allocation will protect you by taking the emotion out of investing. You follow the asset allocation, not the fears, hopes and predictions littering the money world.

In 1990, Dr. Harry Markowitz won a Nobel Prize in economics after proving that diversified portfolios (don't put all your eggs in one basket) maximize return while minimizing risk.

In the end, minimizing risk is the single most important investing goal.

An asset allocation apportions your money among cash (GICs, high interest accounts), bonds and equities. The first two are often lumped together and called fixed income.

Cash is a good place to start. Its role is to cope with emergencies inside and outside a portfolio. Those outside the portfolio include unexpected expenses. Let's assume that your 100-per-cent equity portfolio dropped 40 per cent in 2008-09, but you needed to withdraw some funds. Without cash you would have had to sell investments at a huge loss.

Cash inside your portfolio also allows you to tweak your asset allocation during times of stock market emergencies. Say you chose an allocation of 15 per cent cash, 35 per cent bonds and 50 per cent equities. When the markets were slammed in 2008-09, the percentage in equities declined dramatically.

Cash offered the chance to buy more equities and bring the percentage back closer to 50 per cent. Here's where an asset allocation really shines. If 50 per cent equities is your chosen amount, when it drops to, say, 35 per cent you don't fret about whether it's time to buy back into the market. You just do it based on the percentages.

Anyone who used cash to follow a chosen asset allocation during the various market declines over the past 20 years is sitting pretty now.

Every Monday

Alison Griffiths is a financial journalist, bestselling author and broadcaster. Her new investing column, How to Roll, will run Mondays in Metro and at metronews.ca.

$350,000 hunting permit puts club in crosshairs

A taxidermist does some touch-up painting to an African elephant mount set up for the Dallas Safari Club Convention and Sporting Expo last week. The club came under fire after sponsoring an auction to raise money for conservation efforts where a permit to hunt an endangered African black rhino sold for $350,000 US. TOM FOX/THE DALLAS MORNING NEWS/THE ASSOCIATED PRESS

Mother Nature on the run?

Singer Neil Young compares oilsands to Hiroshima

Neil Young
THE CANADIAN PRESS

Singer Neil Young has launched a blistering attack on the Harper government and Alberta's oilsands.

Young told a news conference on Sunday as far as the governing Conservatives are concerned, "money is number one, integrity isn't even on the map."

The news conference was to kick off the first of four concerts aimed at raising support for an Alberta First Nations that is fighting development of Alberta's oilsands.

Young, who said he recently visited one of the oilsands sites, compared the pollution to Hiroshima, the Japanese city where the first atomic bomb was dropped during the Second World War. **THE CANADIAN PRESS**

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SICK NOTES? WHAT ARE WE, 16?

URBAN COMPASS

Todd Devlin
london@metronews.ca

The Canadian Medical Association is calling for a prescription of trust.

Specifically, the organization wants employers to stop asking employees for sick notes. It clogs up doctor's offices, they say, and inhibits the delivery of more important care.

It seems reasonable to me. And yet the message will be panned by plenty of employers who, quite frankly, are suspicious of their own employees. They want to protect themselves against workers who "fake sick" and take time off.

There's no question there are people who take advantage of sick days. In my opinion, though, they're far from the majority. But in order to combat the behaviour of those in the minority, many workplaces have strict guidelines in place to police absenteeism.

A friend of mine who works at a hospital in Toronto, for instance, is required to provide a doctor's note should she miss work the day before or after a statutory holiday or a long weekend. The reasoning, of course, is to prevent employees from taking a sick day to make a four-day weekend.

But what type of message does this policy send?

For my friend, it's one of distrust. And that can have repercussions outside of the sick-day policies themselves, which risk alienating employees. After all, my friend is a professional in a job that requires a master's degree. Perhaps she'd rather work elsewhere for a more trusting employer.

On the other hand, I have a friend whose employer doesn't require doctor's notes at all for missed days (unless, of course, there's a lengthy absence). He told me he sees this as a direct sign of trust from his employer, and that as a result he's more likely to go above and beyond in his job.

This isn't high school, folks.

Readers of a certain age will recall what happened when they turned 18 years old in high school. All of a sudden, instead of needing a note from a parent for an absence, you simply had to write your own note. And yet professionals in the workplace are required to get a note from their doctor, acting as a truancy officer. This is juvenile stuff.

This is to say nothing of the CMA's point about the whole process taking time away from patients who need real care. Meanwhile, the sick individual ends up potentially spreading their germs at the doctor's office while picking up their note.

Alternatively, if a sick day is caused by a psychiatric issue, that employee may pick up a bug from another patient at the office.

It makes all sorts of sense from a health-care perspective not to require a doctor's note for a sick day. And the solution is simple.

Like some workplaces, an employee should have a set number of sick days to use. Any above that number go unpaid. If the days continue to add up, it's likely a situation where a sick leave is the more appropriate option.

My message to employers? Treat your employees the way you'd like to be treated — with trust.

ZOOM

Go Canada Go!

JEFF MCINTOSH/THE CANADIAN PRESS

Olympians treated like rock stars

Natalie Spooner, a member of Canada's women's hockey team, high-fives Madison Armet, 13 months old, during a send-off party for Canada's Sochi-bound Olympic athletes in Banff, Alta., Saturday.

Hundreds of fans wished the country's Olympians good luck at the upcoming Games in Russia. **METRO**

Lucky charm

- The Royal Canadian Mint revealed its 2014 lucky loonie at the Banff block party.
- The coin is intended to be a good-luck charm for athletes and will be given to each member of the Canadian team. **METRO**

Steve Podborski, right, chef de mission for Canada at the 2014 Winter Olympics, inspects the newly unveiled lucky loonie. JEFF MCINTOSH/THE CANADIAN PRESS

We've got Games

Team Canada is ready to make some noise in Sochi and Metro will be there to follow its athletes. Go to metronews.ca/gameon for the latest in video, photos, chat and news from the 2014 Winter Games.

Clickbait

LUKE SIMCOE
Metro Online

3D printing has been a tech buzzword for the past few years, and 2013 saw the phenomenon subjected to equal parts hype and hyperbole (3D-printed guns, anyone?). However, based on the offerings on display at this year's Consumer Electronics Show, 2014 may be the year when 3D printers become stable enough, user-friendly enough and cheap enough to make it into the mainstream. Here are just a few of the 3D printers that made waves at this year's CES:

MakerBot Z18:

MakerBot is definitely the company to beat when it comes to commercial 3D printers, and the Z18 is its new flagship. Capable of printing objects 12 inches wide and 18 inches tall, it's one of the largest printers on the market. It will retail for $6,499 US and come with access to MakerBot's digital store, billed as the iTunes of 3D printing.

ChefJet:

Billed as a 3D printer for foodies, the ChefJet can print candy, frosting and sugary garnishes. It comes with its own user-friendly software and retails for an estimated $5,000.

GETTY IMAGES

The da Vinci:

A budget entry by XYZprinting Inc., the da Vinci was one of the most affordable printers at CES. It's expected to ship by mid-March and will sell for a paltry $499.

Twitter

@metropicks asked: Tonight celebs at the Golden Globes will honour the best in Hollywood. Do you think these award ceremonies still matter?

@kmacnaull: Sometimes you need a break from the seriousness of the world and celebrate creativity, laughter & a great dress.

@RealMarcDunn: When fame & fortune aren't enough, only a globular hunk of metal will do. #GoldenGlobes #allwashedup

@SpenceShaun: Timeless Hollywood tradition to honor the hard work of countless individuals. Wouldnt happen if it didnt matter.

@mrscrazycakes: most of the movies don't matter. Why would the awards.

@77_tree: yes, a lot of hard work and dedication is put in bythese actors,its their job and this is a way to acknowledge it

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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Stars gather for one last big show before Oscar time

Golden Globes. J-Law, Bryan Cranston some of the night's early winners

NED EHRBAR
Metro World News in Hollywood

The stars of film and television packed the Beverly Hilton ballroom Sunday evening for the 71st Annual Golden Globe Awards. With the Academy Awards nominations just four days away, the results from the Globes are expected to be a bigger factor than usual in this year's Oscar race, as no clear front-runner has taken hold.

Jennifer Lawrence was the first winner of the night, taking home best supporting actor in a motion picture for David O. Russell's American Hustle, which has been surging in popularity just in time for the height of awards season.

In the TV categories, HBO's Liberace biopic, Behind the Candelabra, continued the awards dominance it started at the Emmys in September.

Mad Men star Elisabeth Moss earned a trophy for her work in the miniseries Top of the Lake, while Breaking Bad enjoyed a post-series finale victory lap, nabbing Globes for the series itself and for star Bryan Cranston.

Meanwhile, Jacqueline Bisset, who won for her supporting work in the TV miniseries Dancing on the Edge, provided a pause-filled acceptance speech during which she worked in a profanity and advice from her mother: "Go to hell, and don't come back."

Jennifer Lawrence and her Golden Globe for her role in American Hustle.
ALL PHOTOS JASON MERRITT/GETTY IMAGES

Amy Poehler and Tina Fey returned for a second year of hosting duties.
GETTY IMAGES

The Best of Tina and Amy:

Here are some of their best quips:

- "This is Hollywood, and if something kind of works they'll just keep doing it until everybody hates it." — Tina on their return to hosting
- "[Gravity is] the story of how George Clooney would rather float away into space and die than spend one more minute with a woman his own age."
- "For his role in Dallas Buyers Club, [Matthew McConaughey] lost 45 pounds. Or what actresses call being in a film."
- "We're going to get this show done in three hours, or as Martin Scorsese calls it, Act One."

Amber Heard owns the red carpet in this navy take on the high-slit Angelina dress that launched a meme.

Bryan Cranston wins best actor in a TV series drama for Breaking Bad.

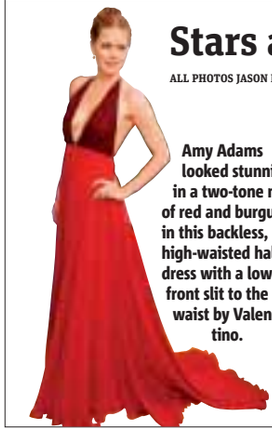
Online

For more red-carpet looks and complete Golden Globes results, visit metronews.ca.

Michael J.Fox.

Stars are red carpet red-y at GG 71

ALL PHOTOS JASON MERRITT/GETTY IMAGES



Amy Adams looked stunning in a two-tone mix of red and burgundy in this backless, high-waisted halter dress with a low front slit to the waist by Valentino.

Emma Watson's complexion suits this tomato hue perfectly, but she could have used a necklace to open up the neckline.

Julia Louis-Dreyfus goes for a classic long, tight, sexy look.

12 Years a Slave's Lupita Nyong'o wowed in a sexy, caped, red-silk strapless gown from Ralph Lauren.

Taylor Swift wore her signature red pout and this strapless stunner in black and pinky-red.

SCENE

Ebooks

Device 6

By. Jonas Tarestad & Simon Flesser

iPad/iPhone

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This brilliant puzzle book moves with its character, Anna. When she takes a turn, its pages rotate to match. As she passes a window, the illustrations change their view. Voices and music get louder as she approaches, completing an effect that is captivating and bewitching. In a spy-world Wonderland of hidden codes and secret switches, Anna needs your wits to survive.

Revisiting racism and flying high

Q&A. The Invention of Wings author, Sue Monk Kidd, tells Metro about the work that went into her latest hit

EMILY LAURENCE
Metro World News

Sue Monk Kidd is famous for penning The Secret Life of Bees. ROLAND SCARPA

It hasn't been out long at all and already Sue Monk Kidd's new book, The Invention of Wings, has landed itself on every "best" list (including ours) and been lauded by Oprah. The Secret Life of Bees author did it again. Alternating chapters between Sarah Grimke, a reluctant slave owner and her slave Hetty, The Invention of Wings captures the complexity of black-white friendships during the 1800s. Eavesdrop on our conversation with Kidd about the real-life Sarah Grimke and what Kidd found most disturbing about American slavery.

I didn't know until I read the author's note that Sarah and her sister were real women. What was it like discovering their stories and the fact that they've been overlooked historically?
It was definitely a surprise, especially since they lived in Charleston, where I was living at the time. I think they fell down a big crack in history and honestly, I imagine a lot of women fell in that crack.

When you were doing your research, did you come across any other women whose stories you were tempted to tell?
I'm sure there are so many, but I really focused on Sarah and Angelina immediately when I discovered they were some of the earliest females that were pioneers for women's rights. I knew I wanted to tell the story of an enslaved woman and her owner. That was the only strong feeling I had about the characters, and luckily I was able to find this character both in history and in my imagination.

What made you write about Sarah as opposed to Angelina?
I initially thought I would write about Angelina too, but it became unbalanced with too many voices, so then I had to choose. I pretty much knew all along that it would be Sarah. For some reason, I gravitated toward her story; probably because she struggled so much to find her voice, which I can relate to, especially as a writer.

It doesn't sound like it was a good time to be a woman — black or white.
Exactly. That's one of the things I want people to take away from the book; how far we've come and how some of the greatest movements of the 20th century grew out of extraordinary movements in the 19th century.

There's so much historical detail in the book about the way urban slaves were treated. Was there anything you found especially upsetting when you were doing your research?
Everything I discovered was upsetting. There is a certain familiarity we think we have about slavery, but sometimes familiarity creates distance between us and the subject, which is not a good thing. It needs to be disturbing. I collected an enormous number of books about American slavery and also travelled to look at historical documents. A great deal of my research was in Charleston. The most disturbing thing I discovered was the work house. There were these houses (where slave owners) could pay to have their slaves worked, abused and controlled.

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Hilary Duff and Mike Comrie. ALL PHOTOS GETTY IMAGES

No fairy-tale ending for Duff and Comrie

Ah, weekends. The perfect time to relax, sleep in, and grab brunch. Or if you're a celebrity, get married or divorced. So here are this past weekend's notable unions and dissolutions.

First up is Hilary Duff and ex-NHL star Mike Comrie, who announced in a statement over the weekend that they "have mutually decided to an amicable separation" and will "remain best friends and will continue to be in each other's lives." The two are parents to toddler Luca, of whom they'll have joint custody.

It certainly looks like an amicable split, with Hilary tweeting, "Mike and I are sitting here, we are so appreciative for all of your kindness & well wishes." She continued, "Not an easy day but we're getting thru it together."

Meanwhile, Pamela Anderson and pop culture footnote Rick Salomon (remember him? He's the guy who made Paris Hilton famous when he starred as the other half in that sex tape) announced their marriage over the weekend. "We're very happy," Pamela disclosed to E!. "Our families are very happy and that's all that matters." It's the second marriage for the couple — to each other. They were briefly tabloid fodder in 2007 when they were married for 10 weeks. **DOROTHY ROBINSON/ METRO WORLD NEWS**

Liam Payne

Is this band no longer headed in One Direction?

Rumours about strife in the ranks of One Direction have apparently gotten so widespread that Liam Payne himself had to take to Twitter in an attempt to put them to rest. "Lots of articles saying we are clashing," Payne wrote. "No one's clashing, we are just having a bit of family time after hitting the road for three years." The rumoured infighting is supposedly the result of Harry Styles wanting to "transform" the band's sound, according to a Daily Star story. "He thinks their next album is the perfect time to create a much edgier and more rock-and-roll image...."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

Styles won't be keeping up with the Kardashians

STARGAZING
Malene Arpe
scene@metronews.ca

Harry Styles, who is dating Kendall Jenner, has reportedly made it clear he will not appear on Keeping up with the Kardashians. "You're such a precious little thing," said Kris Jenner. "But I got Kanye West on the show. I think I can deal with you."

This past Monday was what is considered the most depressing day of the year. That is clearly nonsense, as Monday is when I heard that in the Wachowskis' Jupiter Ascending, Channing Tatum will play a half-wolf, half-human albino warrior. #sosohappy.

Billy Ray Cyrus is doing a hip hop remix of Achy Breaky Heart. As long as he isn't doing a Baroque remix of his mullet.

The Polar Vortex is: 1) A new Syfy series involving an outpost of disenchanted scientists raising wolf/human warrior hybrids. 2) A Canada Goose coat design. 3) Dairy Queen's new frozen treat. Suck it, Blizzard. 4) Billy Ray Cyrus' rapper name. 5) What spontaneously forms around you when you refuse to appear on Keeping up with the Kardashians.

David Copperfield has gotten engaged. Surprisingly, not to a mind-boggling illusion.

Justin Bieber's manager Scooter has gotten engaged. Surprisingly, not to Segway.

Queen Elizabeth reportedly demands that Prince Harry shave off his beard. Take that, everyone who believes the monarchy is powerless and irrelevant.

Chipper Brit Morrissey says that "I see no difference between eating animals and pedophilia." He also explains that beet salad and rapid zombie uprisings are pretty much the same.

Leonardo DiCaprio says that back in 2006 he was almost eaten by a shark. Fortunately his brigade of diving supermodels immediately went into action and saved him. (R.I.P. Natascha, Anna-Lisza and Frederiquechen.)

Amanda Bynes

Bynes a no-show at fashion school

Amanda Bynes is going back to school — or at least, it seems she was planning to. The troubled former child star reportedly enrolled for classes that began last week at the Orange County campus of the Fashion Institute of Design and Merchandising, though she was apparently a no-show on the first day, according to E! News. Bynes had made it clear via her lawyer that once she was out of treatment at a psychiatric facility she wanted to pursue a career in fashion, and she toured the FIDM campus in early December.

Justin Bieber's (alleged) eggscellent adventure

Sheriff's deputies are investigating Justin Bieber for yet another neighbourly dispute that could land the Canadian pop star in court. Los Angeles County Sheriff's spokesman Steve Whitmore says Bieber has been named as a suspect in a misdemeanour vandalism and assault crime report for allegedly throwing eggs at a neighbour's home in their gated Calabasas neighbourhood Thursday evening. Whitmore says the 19-year-old allegedly egged the house while his neighbour and neighbour's daughter were on the balcony. He says they videotaped the incident. Whitmore says Bieber won't speak to deputies. **THE ASSOCIATED PRESS**

Twitter

@ABFalecbaldwin
Abuse of political power is unforgivable.

@officialjaden
I'm Slowly Realizing I Need To Make A Trip Out To Norway

@Joan_Rivers
Heading back to NYC from L.A. Everything is so fake and plastic in L.A. — you'd think I'd fit right in, but I'm excited to be going home!

Push them out of the plane and stand back

Exclusively online

Be sure to read the latest from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Skydive Plane Parent. We've heard of helicopter parenting, but Metro's columnist has a new approach — allowing your kids to be (gasp) independent

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Don't baby them, they can handle making a sandwich and salad for lunch. ISTOCK

While watching a news segment on "Helicopter Parents," my daughter turned to me and said, "You're not a Helicopter Parent," which was not news to me. She continued, "You're more like a 'Skydive Plane Parent.' You push us out and don't look back." She paused and added, "You sometimes give us a parachute."

I am not sure if she meant this as a compliment or a complaint but I took it as the former.

Yes, I confess, I make my kids go to school when it's cold, but I don't think making your children go to school on a school day when it's safe to do so is pushing them out of a plane or otherwise. In fact, it is pretty much what we in the work world merely call "meeting expectations."

But maybe I'm harsh. I've also been known to let my son (then eight) start a dog walking business where he had to (gasp) walk the dogs on his own around our quiet neighbourhood. This resulted in calls from concerned parents that he was on his own (of course to which my response was, "I hope he had a dog with him or he's fired").

At age nine I let him ride his bike to school, by himself, crossing a busy intersection.

My 11- and 14-year-olds routinely get themselves breakfast, make their lunch and get out to the bus or walk to school when both my husband and I have to leave the house hours before they do.

They've been going to public washrooms by themselves since they could figure out the "M" versus "W" signs on the doors.

When my 14-year-old informed me I had to miss going out to a long-planned evening event because she needed me to help her study, as she had procrastinated, I answered with, "Are you new here?"

I had a good time at the event, thanks for asking.

I'm not always that mean. My 19-year-old son had his wallet and phone stolen in New Zealand, and I did help him. I cancelled the phone and his credit card.

Do these actions make me a "Skydive Plane Parent"? OK then. I push them, they keep coming back. Replace that umbilical cord with a rip cord. Give them the chance to exceed your expectations. **KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: A 8-STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS**

Resourceful animals still need winter help

The blast of polar air breaking records all over North America sent shelters and pet owners scrambling to keep sensitive paws and noses warm.

Veterinarians say the smaller the animal, the higher the risk of freezing to death. In dogs and cats, shivering and lethargy are two signs of trouble.

"The smaller you are, the more body surface you have, and the quicker you will lose body heat," said Dr. Douglas G. Aspros, immediate past president of the Illinois-based American Veterinary Medical Association.

If you need to warm a shivering animal, a quick and easy way is to heat a towel in the dryer and wrap it around them.

Many animals will be comfortable if they're moving but get cold when they slow down, said Dr. Brian Collins of the small animal clinic at Cornell University College of Veterinary Medicine in Ithaca, N.Y.

"They may refuse to walk because their feet are so cold," he said. "They might alternate picking up their feet because they don't want to leave them down too long."

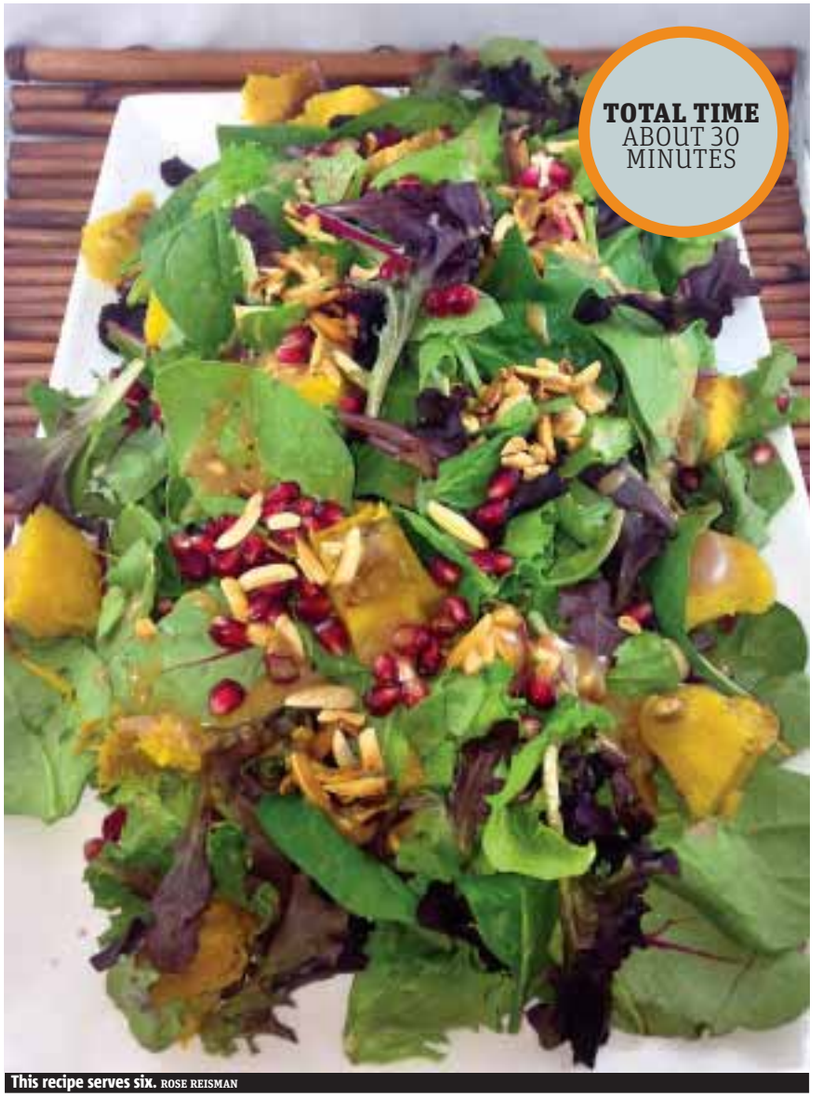
Cats are probably the most resourceful animals in the cold, and feral cats are particularly hardy because they are so used to the outdoors, said Becky Robinson, president and founder of Alley Cat Allies in Baltimore.

But in this kind of a freeze, a helping hand could save a lot of lives, she said. She recommends putting water in plastic, rather than metal, bowls, with a pinch of sugar because it doesn't freeze as quickly, she said. It still has to be refreshed often, though. The vets warned drivers to check before starting cars because cats, domestic and feral, are drawn to warm engines and car hoods. An open clothes dryer is a warm spot that could lure an indoor cat, so keep the door shut.

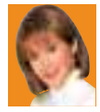
Putting a coat on your dog isn't just a fashion statement. MARK LENNIHAN/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

More than just a pretty face: Spinach salad with squash, almonds and more



This recipe serves six. ROSE REISMAN



ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

You'll be surprised to find the abundance of nutrients that exist in this delicious and attractive salad. The spinach, butternut squash and pomegranate seeds give you a trio of daily required vitamins and minerals.

Spinach contains antioxidants that can fight cataracts, heart disease and certain cancers. Butternut squash is an excellent source of vitamin A, which gives you better skin and better eyesight. Pomegranates, available during the early winter, are known to help combat prostate cancer and Type 2 diabetes.

To access the seeds from a pomegranate, just slice horizontally and, over a bowl, tap the skin-covered half with a wooden spoon until all the seeds release.

The candied toasted almonds give you a special treat when you bite into this salad and they are so easy to achieve.

You can prepare these nuts in advance and keep them stored in any airtight container for later use.

This salad explodes with flavour and super foods but you can add some grilled protein, such as chicken, fish or meat, to make it a complete meal.

If meat isn't your thing, you can add one cup of cooked grains such as quinoa or brown rice.

It's so pretty you'll want to snap a photo of this salad to share with your friends.

Ingredients

Almonds
- 1/3 cup whole almonds
- 3 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground ginger

Salad
- 12 oz butternut squash, cut into 1-inch cubes
- 1 tbsp brown sugar
- 2 tbsp maple syrup
- 8 cups baby spinach
- 1/2 cup pomegranate seeds

Maple Dressing
- 1 tsp minced garlic
- 1/2 tsp Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp maple syrup
- 3 tbsp olive oil
- 2 tsp lemon juice
- pinch of salt and pepper

FLASH FOOD

From your fridge to your table in 30 minutes or less

Directions

1. Preheat the oven to 375 F. Line two baking sheets with foil and lightly coat with cooking spray.

2. To make the almonds, rinse with cold water. Drain but do not let them dry. Place them in a bowl and add the 3 tbsp of brown sugar, cinnamon, nutmeg and ground ginger. Toss to coat. Spread out on one prepared baking sheet.

3. Meanwhile, mix squash cubes with 1 tbsp brown sugar and 2 tbsp maple syrup and place on the other baking sheet. Bake nuts for about 8 minutes just until nuts begin to brown. Remove and let cool. Then chop. Bake squash for 20 minutes or just until tender. Cool slightly.

4. To make the salad, place the spinach, pomegranate seeds and squash in a large serving bowl.

5. To make the dressing whisk together the garlic, mustard, cider vinegar, 2 1/2 tbsp maple syrup, olive oil, lemon juice and salt and pepper in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds.

Nutritional information

Per serving	
• **Calories.** 320	• **Total fat.** 13 g
• **Carbohydrates.** 28 g	• **Saturated fat.** 1.5 g
• **Fibre.** 4 g	• **Cholesterol.** 0 mg
• **Protein.** 4 g	• **Sodium.** 55 mg

Start with celery, then add imagination

Ingredients
- 2 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- Kosher salt and ground black pepper
- 8 ribs celery, very thinly sliced crosswise
- 2-oz chunk Parmigiano-Reggiano cheese
- Additional salad ingredients, as desired (fennel, sliced mush rooms, fruit, nuts, etc.)

Sadly, raw celery is often relegated to the veggie platter that hardly gets touched when there are more crave-worthy (and fattening) dishes to choose from. But it doesn't have to be that way! This January, eat your celery in this have-it-your-way salad.

This crunchy salad is seriously satisfying and elevates celery to gourmet status. The secret is in slicing the celery paper thin with a mandolin. A tart lemon vinaigrette and thin ribbons of real Parmigiano-Reggiano cheese enhance the dish.

It's also a great foundation for add-in. Dress it up with mushrooms, fennel, apples, pears, beets — all thinly sliced — and/or walnuts, even pomegranate seeds. Try any ingredients that suit your fancy. Just keep the two main ingredients — celery and Parmesan cheese — the same.

1. In a medium bowl, whisk together the olive oil, lemon juice and mustard. Season with salt and pepper, then add the sliced celery. Toss well to coat, then divide the celery between 2 serving plates.

2. Use a vegetable peeler to shave some of the cheese over each serving, then add additional salad ingredients as desired. Mushrooms, pluots and fennel make an excellent combination with this celery base.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

This recipe serves two. MATTHEW MEAD/ THE ASSOCIATED PRESS

Feeling a bit loonie? You've got Gail!

All hail Gail. Canada's reigning queen of cash Gail Vaz-Oxlade imparts some serious cents to today's students

Canadians have come to know Gail Vaz-Oxlade as the no-nonsense provider of penny pinching wisdom on TV shows Til Debt Do Us Part, Princess and most recently, Money Moron. The Jamaica-born mother of two has written a library of books on the topic of bad spending, and she's now focusing her attention on today's cash-confused post-secondary students and their parents. In this excerpt from her new book, Saving for School, Vaz-Oxlade uses hypothetical students Sonny and Darling to explain how they and their parents can best handle a lump sum of moola, the likes of which could come from a scholarship, a bursary or a summer spent saving.

Here are the steps to help Darling and Sonny make a plan for how they'll use their lump-sum money.

Step 1
List all the money they'll have from summer employment, scholarships, bursaries, RESPs (the annual lump sum they'll withdraw), gifts from relatives and loans, along with any other money they can scrounge.

Step 2
List the money they know they'll need to cover tuition, books and supplies, travelling to school at the beginning of the year and home again at the end (along with all the trips home in between), first and last months' rent or residence expenses, and the first grocery shop or student food plan.

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

Step 3
Figure out an amount to set aside for emergencies. *Do not skip this step.* Emergencies happen. That's a part of life. Being financially prepared for them means Darling and Sonny will have options in terms of how they deal with those balls from left field. Being unprepared is immature and short-sighted. I recommend at least $500. Make sure you talk about what constitutes an emergency; not everything is worthy of emergency status, no matter how dramatic Sonny or Darling may be.

An emergency is something that threatens your health or ability to continue at school, such as:

- A laptop that suddenly dies (even if it's because someone poured beer over the keyboard ... yes, it really happened to the daughter of a friend of mine).
- A power outage that causes all the food in the fridge to rot (again, yes, it really happened to Alex in her second year at school, when she was living off campus and a tree fell on the power lines).
- A trip home to deal with a sick relative, the death of a family member or friend, or another unexpected family event.

Who is in charge of the emergency money? Darling and Sonny need to take responsibility for managing it. You do want them to act like grown-ups, right? Then you must treat them as such. That means if they blow all their "emergency" money on beer and then their laptop dies, you keep your hands out of your pockets.

More bang for your buck?

- Readers can visit metronews.ca to find more content from this excerpt, including advice on how to work out a plan for spending school money in the best possible way.
- Gail's Student Lump-Sum Money Worksheet will also be available for download.

Step 4
Subtract what needs to be spent from the lump-sum amount and divide the remainder by the number of months at school to give you the amount that will cover monthly expenses. If Darling and Sonny are in a traditional program that lasts eight months of the year (leaving them with four months to work and make money for the next year), they'll have to figure out their budget for eight months. So take whatever is left after the lump-sum calculation and divide it by eight. Some people do school all year round, in which case you'd have to stretch that money over 12 months.

If there's no money left after the lump-sum exercise, work will be a must. There are all sorts of ways for kids to make money or reduce their expenses. Both my editor, Kate, and Alex's BFF, Callie, were residence dons, which meant their room and board were covered.

Kids shelve books at libraries, serve coffee and make sandwiches, or work retail. There are some programs that are so intensive that a part-time job isn't an option, in which case maybe Momsie and Pops will pony up with some money to help on a monthly basis.

If there is money left, dividing it up sensibly is the only way to make it last. Regardless, you need to have some sense of where that money is going to go each month.

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www.westerveltcollege.com to get more information.

Above, Blake as a happy 7 year-old.
Now you know where homeless adults can come from.

(Blake, currently homeless)

HOMELESSNESS CAN HAPPEN TO ANYONE. VISIT RAISINGTHEROOF.ORG TO HELP. RAISING THE ROOF

NHL

Maurice replaces Noel as Jets coach

Claude Noel is out as coach of the Winnipeg Jets, replaced by Paul Maurice.

Noel was fired amid a five-game losing streak that dropped the Jets to 19-23-5 and 10 points back of a playoff spot.

Noel, hired after the Atlanta Thrashers moved to Winnipeg before the 2011-12 season, went 80-79-18 during his tenure with the Jets. THE CANADIAN PRESS

NHL

Sabres slip past Caps in shootout

Cody Hodgson decided a lacklustre game with the only goal in the shootout, and the Buffalo Sabres avoided matching the longest road losing streak in franchise history with a 2-1 win over the Washington Capitals on Sunday.

The Sabres' 11-game road skid was the second-longest in club history.
THE ASSOCIATED PRESS

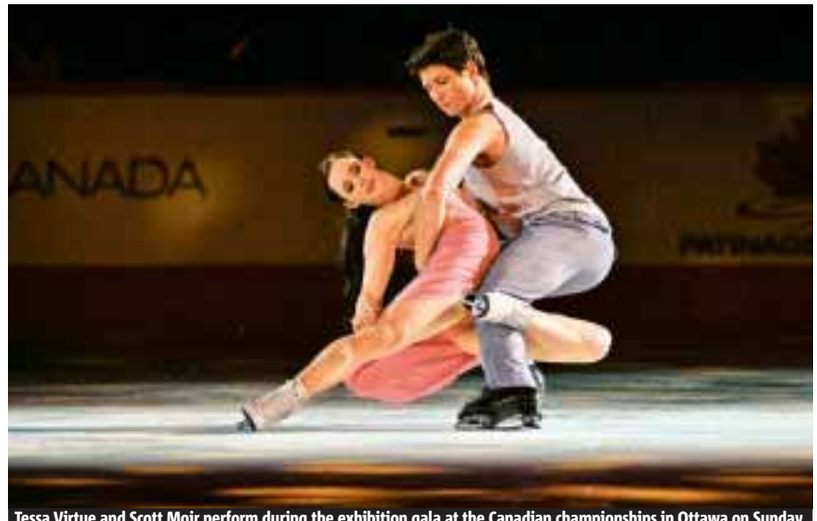
The Drake equation

"We built up a personal relationship. I'm excited to see him begin his career here. I think that everybody's excited."

Hip-hop star Drake who is downplaying his role in helping bring England soccer star Jermain Defoe to Toronto FC. In his role as MLSE's global ambassador, the 27-year-old Torontonian spoke to Defoe several times by phone during negotiations. MLSE president and CEO Tim Leiweke has said the calls made a difference.

Virtue, Moir skate around retirement talk

Figure skating. Local pair put on gold-medal performance at nationals with Sochi Games looming large in Ottawa



Tessa Virtue and Scott Moir perform during the exhibition gala at the Canadian championships in Ottawa on Sunday. The local stars won national gold on Saturday. SEAN KILPATRICK/THE CANADIAN PRESS

We're undoubtedly approaching the end pages of The Scott & Tessa Diaries: The book that goes along with the reality show now running on TV.

Barring an unlikely change of mind — or change of heart — the defending Olympic ice dance champions will twizzle off into the sunset after Sochi.

And the weekend's Canadian figure skating championships in Ottawa were probably their last.

"Good question," says Scott Moir, when that question was posed following the ice dance short program competition Friday afternoon.

Then he, um, skated around it.

Tessa Virtue was a shade less coy.

"We haven't really made any official decision yet, but we're trying to treat it as if it is (the last). Trying to take some moments in practice and soak it in," she said.

The pair picked up another gold medal and set a new Canadian championship record during the competition. Their performances weren't perfect, however, with a few wobbles and a lift that went on too long.

With most of the attention focused on Sochi, the 100th anniversary nationals felt a bit like an afterthought.

We've got Games

Team Canada is ready to make some noise in Sochi and Metro will be there to follow them. Go to metronews.ca/gameon for the latest in video, photos, chat, and news from the 2014 Winter Games.

But the event clearly meant a great deal to Virtue and Moir, who are undeniably Canada's skating sweethearts, if not — drat — sweethearts to each other.

"This event has been downplayed," agrees Moir. "But we have great competition in Kaitlyn (Weaver) and Andrew (Poje), who've been pushing us all year. There's a lot of pressure. We want to compete well for our Canadian fans.

"It's great practice for Sochi, but we didn't perform under that pressure as much as we'd like to."

Moir added: "On a short program, you've got to be tight and you've got to make sure that you get all your points. We left some on the board today."

They won't be able to get away with that at the Olympics, not neck-and-neck as they've been this season with forever-American-rivals and training stablemates Meryl Davis and Charlie White, who took gold over the Canadians' silver at the Grand Prix final last month.
TORSTAR NEWS SERVICE

Great expectations

Canada's figure skating team for Sochi, announced Sunday, is loaded with rookies but could prove to be one of the country's most successful ever

- Three-time world champion Patrick Chan and Olympic ice dance gold medallists Tessa Virtue and Scott Moir headline a 17-member team that includes 14 first-timers.
- The team is aiming for three medals in Sochi — in men's singles, ice dance, and the new team event — which would match its best ever.

THE CANADIAN PRESS

Eric Decker of the Broncos returns a second-quarter punt against Mike Scifres of the San Diego Chargers, who was injured on the play on Sunday in Denver. DOUG PENSINGER/GETTY IMAGES

Broncos barely brush off Chargers' challenge

Peyton Manning welcomed Wes Welker back into the lineup with a touchdown toss and the Denver Broncos narrowly avoided a repeat of their playoff slip from last year, advancing to the AFC championship game with a 24-17 win over the San Diego Chargers on Sunday.

The Broncos (14-3) controlled the game for three and a half quarters before Philip Rivers capitalized on an injury to cornerback Chris Harris Jr. to stage a comeback reminiscent of Baltimore's shocking win at Denver exactly a year earlier.

This time, however, Manning rescued the Broncos from the brink of another crushing collapse and sent them into the title game for the first time in eight seasons.

They'll host the New England Patriots (13-4) on Sunday. Get ready for Brady vs. Manning once more.
THE ASSOCIATED PRESS

AFC playoffs

Broncos	Chargers
24	17

4 SPORTS

Top seed London lights up the East Coast on road trip

The London Lightning's Marvin Phillips, left, moves in for a block against Brandon Webster during Sunday's game against the Moncton Miracles. VIKTOR PIVOVAROV/TIMES & TRANSCRIPT

NBL Canada. Lightning defeats Miracles, Island Storm to move to 17-6

The London Lightning made it four in a row Sunday, beating the Moncton Miracles 99-91 on the road.

The win advanced the Lightning's record to 17-6 as they hang on to the top spot in the National Basketball League of Canada.

London took first place after Thursday's win against the Brampton A's and haven't taken their foot off the gas, winning a 121-119 overtime match against The Island Storm in Charlottetown, P.E.I., on Saturday.

Marvin Phillips and Garrett Williamson were Sunday's top scorers, both contributing 23 points. Phillips also led London in rebounds with nine, while Williamson collected a team-leading 11 assists.

The Lightning outscored the Miracles by a combined 15 points in the first and fourth quarters. The second went to Moncton as they earned 27 to London's 20. The teams tied with 24 points each in the third.

"We are proud of how our guys played on our first major road trip this season," Lightning general manager Taylor Brown said, calling the match "a tough win against a strong" challenger.

Now, he said, the team's turning its attention to its Highway 401 rivals, the Windsor Express.

The teams play at 7 p.m. Wednesday at the Colosseum at Caesar's Windsor.

"Wednesday is going to be a battle," Brown said.

The next home game for the Lightning is Jan. 22 against the Ottawa SkyHawks.

METRO

Road warriors

"We are proud of how our guys played on our first major road trip this season."

Lightning general manager Taylor Brown

OHL

Trio of losses ruin Knights' weekend

After storming into 2014 with two convincing wins, the London Knights have now dropped three in a row on the road.

The latest defeat came in a 5-4 shootout loss Sunday to the Sault Ste. Marie Greyhounds at the Essar Centre.

London got off to a solid start with rookie Mitch Marner scoring at 6:18 in the first.

The point wasn't answered until the Greyhounds' Bryan Moore scored on a power play at 6:51 in the second. London's Max Domi and Bo Horvat piled on later in the frame, and Patrick Watling added another for the Soo.

Jared McCann and Blake Speers found the back of the net, pushing the Greyhounds ahead by one before Max Domi swooped in to tie things up with less than a minute left in regulation.

McCann went on to score the game-winner in the shootout.

In other weekend action, London lost 5-3 to the Guelph Storm on Friday and was shut out 2-0 on Saturday against the Saginaw Spirit. METRO

Alpine skiing. Winner! Gagnon! Quebec skier hits World Cup jackpot

Marie-Michele Gagnon ended a 30-year drought for Canadian women in World Cup combined events by earning her maiden victory on Sunday.

Gagnon was 1.37 seconds off the lead in 16th after the super-G portion, but went ahead of the field after posting the second fastest time in the slalom run.

"It's really exciting, a magical moment," said Gagnon, who wasn't even born when Gerry Sorensen won a combined event in Puy Saint Vincent, France, on Jan. 8, 1984 for the last triumph by a Canadian woman.

"My teammate Erin Mielzynski won two years ago in Ofterschwang. She was the first Canadian woman to win in slalom in, like, 40 years. That was unbelievable and I didn't expect our team to make history again."

Gagnon finished in an overall two minutes, 5.55 seconds to beat second-place Michaela Kirchgasser of Austria by 0.32. Maria Hoefl-Riesch of Germany trailed Gagnon by 0.39 in third.

Nicole Hosp of Austria, who led the competition after the super-G, finished fourth.

"It's amazing. I was quite surprised," said Gagnon, whose only previous podium came in a slalom in Åre, Sweden, in 2012. "I didn't expect that after the first run. I knew I had to do a really good slalom run to be on the podium. I just tried to do my best and it looks like the pieces of the puzzle have come together."

The super-combined format was introduced at the start of the 2005-06 season to replace the classic combined races, which consisted of a one speed run followed by two slalom legs.

THE ASSOCIATED PRESS

Canada's Marie-Michele Gagnon celebrates on the podium. ENRICO SCHIAVI/THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	45	29	14	2	129	98	60
Tampa Bay	45	27	14	4	132	109	58
Montreal	46	26	15	5	117	107	57
Detroit	45	20	15	10	118	126	50
Ottawa	46	20	18	8	131	146	48
Toronto	46	21	20	5	125	141	47
Florida	45	17	21	7	105	139	41
Buffalo	44	13	26	5	77	121	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	45	22	16	7	136	135	51
Philadelphia	45	23	18	4	120	125	50
NY Rangers	46	23	20	3	114	123	49
Carolina	45	19	17	9	111	128	47
New Jersey	46	19	18	9	106	114	47
Columbus	45	21	20	4	126	129	46
NY Islanders	47	18	22	7	130	152	43

Sunday's results
Buffalo 2 Washington 1 (SO)
NY Islanders 4 Dallas 2
New Jersey at Toronto
Edmonton at Chicago
Philadelphia at NY Rangers
Minnesota at Nashville
Detroit at Anaheim
Saturday's results
Tampa Bay 6 Philadelphia 3
Montreal 2 Chicago 1 (OT)
Ottawa 2 Nashville 1 (SO)
Columbus 6 Winnipeg 3
New Jersey 2 Florida 1 (OT)
Colorado 4 Minnesota 2
Anaheim 5 Phoenix 3
Pittsburgh 2 Calgary 1
Detroit 3 Los Angeles 1
Boston 1 San Jose 0
Friday's results
NY Rangers 3 Dallas 2
Washington 3 Toronto 2
Columbus 3 Carolina 0
NY Islanders 2 Colorado 1 (OT)
Edmonton 4 Pittsburgh 3 (OT)
Vancouver 2 St. Louis 1
Monday's games — All Times Eastern
Calgary at Carolina, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Phoenix at Winnipeg, 8 p.m.
Vancouver at Los Angeles, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	47	29	8	10	170	129	68
St. Louis	44	31	8	5	161	99	67
Colorado	45	28	12	5	132	115	61
Minnesota	47	24	18	5	114	119	53
Dallas	45	20	18	7	127	139	47
Nashville	46	19	20	7	109	137	45
Winnipeg	47	19	23	5	128	145	43

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	47	34	8	5	160	119	73
San Jose	46	28	12	6	148	116	62
Los Angeles	46	27	14	5	119	96	59
Vancouver	46	24	13	9	123	114	57
Phoenix	44	21	14	9	133	136	51
Calgary	45	15	24	6	101	144	36
Edmonton	47	15	27	5	123	164	35

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	42	67
Kane, Chi	23	31	54
Tavares, NYI	20	34	54
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Kunitz, Pgh	24	25	49
Sharp, Chi	25	23	48

Not including last night's games

NFL

DIVISIONAL PLAYOFFS

Sunday's results
San Francisco 23 Carolina 10
Denver 24 San Diego 17
Saturday's results
Seattle 23 New Orleans 15
New England 43 Indianpolis 22

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 19
New England vs. Denver
San Francisco at Seattle

SUPER BOWL

Sunday, Feb. 2
At East Rutherford, N.J.
AFC champion vs. NFC

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	29	7	.806	—
d-Miami	27	10	.730	2½
Atlanta	20	18	.526	10
d-Toronto	18	17	.514	10½
Chicago	17	18	.486	11½
Washington	16	19	.457	12½
Detroit	16	22	.421	14
Brooklyn	15	22	.405	14½
Charlotte	15	23	.395	15
New York	14	22	.389	15
Cleveland	13	24	.351	16½
Boston	13	25	.342	17
Philadelphia	12	25	.324	17½
Orlando	10	27	.270	19½
Milwaukee	7	29	.194	22

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	28	8	.778	—
d-Portland	28	9	.757	½
Oklahoma City	28	9	.757	½
d-L.A. Clippers	26	13	.667	3½
Golden State	25	14	.641	4½
Houston	24	14	.632	5
Phoenix	21	15	.583	7
Dallas	22	16	.579	7
Denver	19	17	.528	9
Minnesota	18	18	.500	10
Memphis	17	19	.472	11
New Orleans	15	21	.417	13
L.A. Lakers	14	23	.378	14½
Sacramento	13	22	.371	14½
Utah	12	26	.316	17

d - division leaders
Sunday's results
Sacramento 124 Cleveland 80
Memphis 108 Atlanta 101
Minnesota at San Antonio
Saturday, January 11
Houston 114 Washington 107
Toronto 96 Brooklyn 80
Detroit 110 Phoenix 108
New York 102 Philadelphia 92
Oklahoma City 101 Milwaukee 85
Chicago 103 Charlotte 97
Dallas 110 New Orleans 107
Denver 120 Orlando 94
Portland 112 Boston 104
Monday's games — All Times Eastern
Milwaukee at Toronto, 7 p.m.
Houston at Boston, 7:30 p.m.
Phoenix at New York, 7:30 p.m.
Washington at Chicago, 8 p.m.
San Antonio at New Orleans, 8 p.m.
Orlando at Dallas, 8:30 p.m.
Denver at Utah, 9 p.m.

Horoscopes

♈ Aries
March 21 - April 20
No matter how many times you have fallen short in the past you will succeed this week so make the most of it – show the world what a star you really are.

♉ Taurus
April 21 - May 21
Don't listen to those who counsel caution. The only reason they don't want you to do anything adventurous is because they are worried it will make them look bad.

♊ Gemini
May 22 - June 21
Your values will change in important ways over the next few days, especially in how you look at money. What you need to learn is that it's not what you earn that counts but what you do with what you've got.

♋ Cancer
June 22 - July 23
Even if you disagree with someone on a point of principle you can still work together, so stay on good terms and seek a compromise solution.

♌ Leo
July 24 - Aug. 23
You may know what you are after but you still need help in getting it. If you don't ask for assistance today you may find yourself being left behind on the work front.

♍ Virgo
Aug. 24 - Sept. 23
The Sun is on your side and your confidence is high, so do something special over the next few days. By this time next week it won't be so easy to stand out, so give it your all, creatively and romantically, while you can.

♎ Libra
Sept. 24 - Oct. 23
You may feel sorry for someone whose luck appears to have deserted them but you are still advised to keep your distance and not get personally involved.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to be more open towards strangers than usual and that's good because someone you meet over the next few days could become not just a friend but also a business partner.

♐ Sagittarius
Nov. 23 - Dec. 21
Something will happen over the next 24 hours that makes you feel a lot better about your long-term prospects. It will also make you realize that wealth is as much a state of mind as anything else.

♑ Capricorn
Dec. 22 - Jan. 20
The Sun remains in your birth sign only until the 20th, so you have a week to make things happen. You can still make things happen after that date but there will be more obstacles for you to overcome.

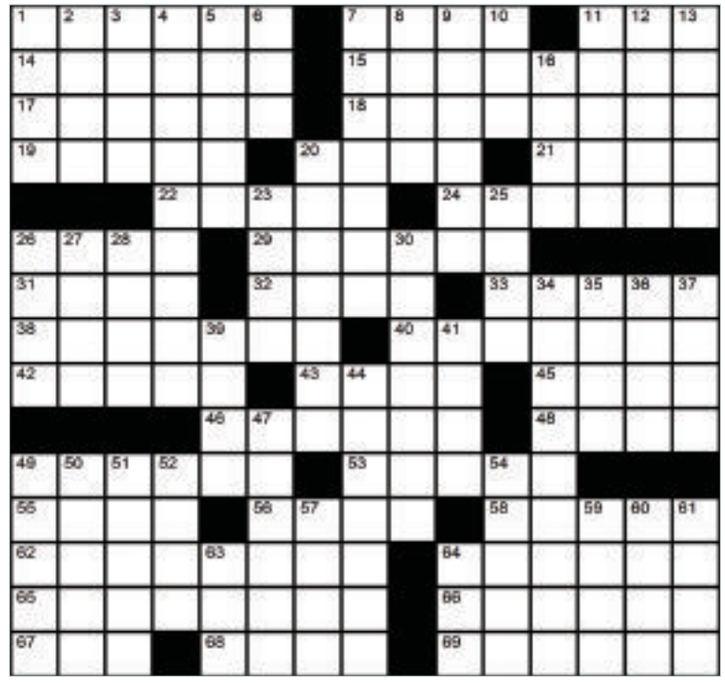
♒ Aquarius
Jan. 21 - Feb. 19
You will take the chance to help someone in need and won't think twice about it. However, make clear that you expect them to look after themselves after that.

♓ Pisces
Feb. 20 - March 20
You will leave your task to the last minute today – and because you have to act fast and without thinking will most likely make a good job of it. Living on the edge is OK but not all the time. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

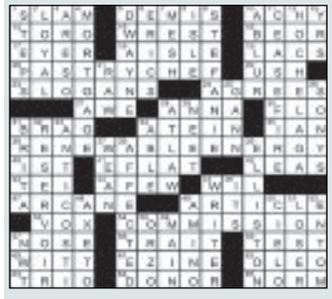
BY KELLY ANN BUCHANAN



Across
1. Jewellery fasteners
7. Rapini, aka Broccoli __
11. Caesar's 1002
14. Hilo's home
15. They lay in northeast Alberta: 2 wds.
17. Wired to the web
18. Drew and Jonathan Scott, The Property __
19. "It __ Me" by Shaggy feat. Rikrok
20. MGM co-founder, Marcus __
21. Francoise's friend
22. Baseball: Up __ __
24. Lowest
26. "The Exorcist" (1973) actor, __ _. Cobb
29. Ms. Bronte's
31. "Pay __ __ mind."
32. Pet shelter org.
33. __ d'art
38. Advocate: 2 wds.
40. Castle towers
42. Tuscan city
43. Chemical suffixes
45. Mr. Estrada
46. Silk-like fabrics
48. Partners for Tacs (Mint candies)
49. Those using the '+ sign'
53. Music: Sister duo from Australia
55. Tide type
56. After mil. combat affliction
58. "Monster-__-__" (2005)
62. Ottawa-__, Canada's Capital Region
64. '80s series, "Remington __"
65. MuchMusic's legendary "__ Circus"
66. Breadwinner
67. Business name abbr.
68. Diner side order
69. Region of France

Down
1. Purina Cat __
2. Ms. Turner
3. Cobbler's tools
4. New Brunswick city: 2 wds.
5. Patched-coat horse
6. "Sprechen __ Deutsch?"
7. "I wanna be reprogrammed." goes this Hannah Georgas tune
8. 'Million' suffix
9. Move, as tumbleweed: 2 wds.
10. Cheers __. 1895
11. Boeotian Muse of memory
12. "Mandela: Long Walk to Freedom" (2013) star Mr. Elba
13. "The table __ __!" (Suppertime exclamation)
16. Gotchas!
20. Eel variety
23. Kiss, in Madrid
25. Biblical instrument
26. Gloss-placing spots
27. Dainty case
28. 'Susp' suffix
30. Grew less light in the day
34. Some denizens of Nova Scotia, Cape __
35. Ms. Ryan of "Star Trek: Voyager"
36. 'Synth' suffix
37. Disapproves
39. Hilary of "Love It or List It"
41. Known-by-letters land
44. 1668: Ship in the Hudson's Bay Company's history
47. Kansas motto: 'Ad astra per __' (To the stars through difficulties)
49. Winged figure
50. Gave out
51. Courted
52. Heroic
54. Winnipeg area, St. __
57. __ Cocktails, Mai __
59. Ms. Horne
60. Novelist Mr. Waugh
61. Are, in the past
63. Utmost degree
64. Baltic, for one

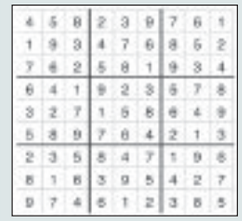
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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